

# BORONNDARA

## *Bicycle Users Group*

### **Rides Supplement December 2010**

#### **Hawthorn Cycle Tours**

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: [lexbishop@bikerider.com](mailto:lexbishop@bikerider.com)

#### **Ashburton Riders Club**

**ARC** is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

##### **Schedule of rides:**

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

**Contacts:** Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphij@au1.ibm.com](mailto:murphij@au1.ibm.com)

#### **Kew Neighbourhood Learning Centre Bike Riding Group**

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

## Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: [info@surreyhillssnc.org.au](mailto:info@surreyhillssnc.org.au) ; [www.surreyhillssnc.org.au](http://www.surreyhillssnc.org.au)

## Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## Council on the Ageing (COTA) Cycling Group

### Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

- The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am**, unless time is specified, at the 'Place to meet' (see below). Please check train times the day before the ride. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail [jfbpgeb@bigpond.com](mailto:jfbpgeb@bigpond.com) or on **9853 9808** to discuss details.

\* this is when Janet will be away and other riders will be leading. Check with Janet by e-mail only or ring the COTA office on 9654 4443. The leaders while Janet is away are as follows July 7th and July 21st Alan Brown, phone 9572 1472; July 14th Les Deady, phone 9459 2701; July 28th Ed Biggs, phone 9569 9386.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Dec 8 <sup>th</sup>	Southern Cross railway station  Geelong train 9.15am ~ arrive 10.15am	<i>South Geelong to Queenscliff circuit</i> - We will ride the Bellarine Rail trail to Queenscliff and return via Ocean Grove to the Rail trail. ~ 60km. There is the option of driving to South Geelong station instead of using the train.	Medium
Dec 15 <sup>th</sup>	Southbank footbridge  MEL 2F F7.	<b>Christmas ride with lunch at Botanic Gardens in the Observatory cafe – We will ride the Bay trail to the Elwood canal and return via back streets and Albert Lake park to the Botanic Gardens ~ 20km.</b>	Easy

## Whitehorse Cyclists Inc

Last updated 14 November 2010

Date	Destination	Description	Distance and grade	Leader Contact
Thu 02/12	Easy Thursday	Koonung Tr, Main Yarra Tr, Merri Ck Tr,	30	Loreto B
9.30am	C'wood Children's Farm	(M)Children's Farm, and return.	E	9808 1960 0412 289 236
Thu 02/12	Medium Thursday	Main Yarra Tr, Capital City Tr, (M)Kensington, (L)Newport Lakes.	75 M	Jacques F 9497 2306
Sun 05/12	Easy Sunday	Hay's Paddock, Yarra Blvd, (M)Boat House, Edinburgh Gardens,	32	Kaith M
9:30 am	Boat House Buzz	Westgarth, Hay's Paddock (F)	E	9857 5805
Sun 05/12	Sunday	Hawthorn, Yarra Tr, Prahran, (M)Ripponlea, Rosstown Rail Tr, Anniversary Tr.	45 M	Bruce E 9848 4804
Tue 07/12	Easy Tuesday	Woori Yallock, (M)Warburton and return.	32 E	Bernie F 9878 6640 0411 032 284
Download the calendar for <a href="#">November and December 2010</a> rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader for meeting point.				
Tue 07/12	Medium Tuesday	Kew, Fairfield, Brunswick, Ascot Vale, Maribyrnong River,	45	Chris W
9.00am	Maribyrnong Boathouse	(M)Maribyrnong Boathouse, Kensington, Capital City Tr, Ivanhoe.	M	9882 2604
Tue 07/12- Wed 08/12	Hard Tuesday  3xdays	Geelong and surrounds.	3x80 H	Fiona H
8.00 am				
Thu 09/12	Medium Thursday	(M)The Basin, (L)Sassafras.	62 M/H	Barry McC 9848 1154
9:30 am				

		Reasonable climb; great downhill to return.		
Christmas Party Fri 10/12	Christmas Barbecue Lunch	Christmas BBQ lunch. All supplied. BYO drinks.  Bookings and payment of \$20 per head requested at the 12 th October Club meeting  (or let Gill or Neil know)		Gill B  9725 5310 Neil M nmanthorpe@gmail.com ;
Sun 12/12  9.00am	Sunday  Oakleigh Mall	Gardiners Cr Tr, (M)Oakleigh. Scotchmans Cr Tr or Rosstown Tr	35/40  E/M	Jamie McL  9822 2724, 0417 037 855
Tue 14/12  9.30am	Easy Tuesday  Greeks bearing Gifts	Anniversary Tr, Ashburton, Holmesglen, (M)Oakleigh.  Return along Gardiners' Ck Tr.	34  E/M	Keith M  9857 5805
Tue 14/12  9.00am	Medium Tuesday  St Kilda	Capital City Tr, Docklands, Port Melbourne,  (M)St Kilda, Rosstown Trail.	65  M	Bruce E  9848 4804 0409 790 926
Tue 14/12  9.00am	Hard Tuesday  Edithvale	Blackburn Rd, Westall Rd, Springvale Rd, Edithvale, Wells Rd, Boundary Rd, Old Dandy Rd, Huntingdale Rd, Elgar Rd, Valda Ave.	60  H	Kerry McN  0419769420
Tue 14/12  7:45 pm	Club Night	Corner Station & Combarton Sts  Monthly Meeting		
Thur 16/12  9.30am	Easy Thursday  Scotchgard Ride	Wurundjeri Walk, Gardiners Cr Tr, Railway Pde, (M)Mount Waverley, Valley Reserve, Scotchmans Ck Tr, Gardiners Cr Tr	35  E	Wendy T  9808 8303
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Thur 16/12  9.30am	Medium Thursday	Meet at Valda Ave and pick a leader on the day. Don't forget to take ride sheets to complete.		
Sun 19/12  0910 for 0926 train to Jacana	Easy Sunday  Jacana Jaunt	Moonee Ponds, Creek, (B) Pascoe Vale, Strathmore, Essendon  Maribyrnong River, City (F). Sealed paths, some hills.	26  E	Keith Maytum 9857 5805

Sun 19/12	Sunday	Christmas Bruncher to Brighton East and return.		Anna V
8.30am	Beat the Heat	(Note : Early start time; Must RSVP with Mike/Anna by 13 Dec)	35	9830 4195
Tue 21/12	Easy Tuesday	Fairfield, Clifton Hill, (M)Fitzroy North, Merri Ck Tr, Thornbury, Darebin Cr Tr, Ivanhoe.	40	David Y
9.30am	Bit of a Spin	(If forecast is >30° ride may be shorter.)	E/M	9884 8037, 0401 013 395
Tue 21/12	Medium Tuesday	Anniversary Tr, Ferndale, Gardiners Ck Tr, Yarra Tr,	47	Dick VanG
9.00am	Six Trails and a Boulevard	(M)Flinders St RS, Southbank, Docklands, Capital City Tr, The Boulevard, Koonung Ck Tr.	M	9844 3344 0416 212 423
Tue 21/12	Hard Tuesday	Koonung Tr, Ringwood Rail Tr, FTGully, OneTree Hill, Sassafrass, The Basin, Dandenong Ck Tr, Peter L's Short cut to Mitcham Rd & Koonung Tr.	65	Abdy S
8.30am	One Tree Hill		H	0413327650
Thur 23/12	Medium Thursday	No ride		
Download the calendar for <a href="#">November and December 2010</a> rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader for meeting point.				
Sun 26/12	Sunday	Meet at Valda Ave and pick a leader on the day. Don't forget to take ride sheets to complete.		
9.00am	Boxing Day			
Tue 28/12	Easy Tuesday	No scheduled ride. However, if you have a ride in mind, start at 9.30am and enjoy. Don't forget to take a ride registration form for completion.		
9.30am				
Tue 28/12	Medium Tuesday	Eastlink, Dandenong Ck Tr, (M)Ferntree Gully, Knox,	45	George C
9.00am	Ferntree Gully	Shepherds Bush, Nunawading transfer station, Abbey Walk.	M	9878 0293 0413 882 165
Tue 28/12	Hard Tuesday	Mont Albert, Canterbury, Camberwell Ring Rd, Gardiners Ck Tr, Yarra Tr, Docklands, Footscray Rd, Somerville Rd, Geelong Rd,	110	John C
9.30am	Brimbank Park	Federation Tr, Ring Rd Tr,	M/H	0438566977

		Brimbank Park, M'bryngong Tr,  Capital City Tr, Westgarth St, Koonung Tr. Valda Ave.		
Thur 30/12	Medium Thursday			Bob Harrington  9886 6215

## Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.**

**Note:** rides may be varied to suit conditions, eg, if the temperature is forecast to exceed 35°C.

**EasyRide:** with the “Latte” Group every **Tuesday and Friday 9:30am** (10:00am in winter) – relaxed pace with break for coffee/snack/chat. **See program and details at <http://www.vicnet.net.au/~banylbug>.**

**HarderRide:** every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

<i>Dec 10</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 5	<b>Festive ride</b> Studley Park.	<b>Combined BUG morning tea/lunch. Bring something yummy to share.</b> Groups ride independently and choose a route aiming to meet at park at about 11:30 am for extended morning tea/lunch. Main Yarra Trail home (12 km).	Lou B/ 9459 688
Tue 7	<b>Festive ride</b> Studley Park.	<b>Combined BUG morning tea/lunch. Bring something yummy to share.</b> Groups ride independently and choose a route aiming to meet at park at about 11:30 am for extended morning tea/lunch. Main Yarra Trail home (12 km).	Graeme V 9435 968
Sun 12	<i>Ringwood Lake</i> 45 km	Koonung Trail to Eastlink (some H3), Ringwood exit to Ringwood Lake for break. Then Lena Gv following railway to Dandenong Ck Trail to Eastlink and Mitcham streets to Koonung Trail home.	Richard B 9459 864
Tue 14	<i>Caulfield Park</i> 49 km <a href="#">MAP</a>	Out by Anniversary trail, Ferndale Park. Caulfield streets to Caulfield Park. Return by Armidale and Toorak paths and streets to Capital City Trail. (Some gravel paths)	Allen P/ 9457 169
Tue 14	<b>End-of-year Function – Lower Plenty Hotel - 6:30 pm</b>		
Sun 19	<i>Royal Park</i> 35 km.	Out through Wilson Res, Capital City Trail. Return by Upfield trail to Coburg, streets, Merri Ck, and streets to W. Heidelberg.	Graeme V 9435 968
Tue 21	<i>Berwick</i> ~80km <b>*8.30 START*</b>	Ride Anniversary Trail etc to Hughesdale station. 9.57 Train to Berwick (Arr 10.31). Ride Hallam bypass Trail, Endeavour Hills Trails and streets, Dandenong Ck Trail to Jells Park. Then Mt Waverley Railtrail, Gardiners Ck, Anniversary Trail home.	Les D/ 9459 270

### January 2011

Sun 2	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Tue 4	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Sun 9	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Tue 11	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Sun 16	<i>Broadmeadows</i> 50 km <a href="#">MAP</a>	Out by streets west, Cheddar Rd and Ring Road to break at Roper Reserve. Back by Upfield, Merri Creek Trails and Thornbury streets.	Richard B 9459 864
Tue 18	<i>Maribyrnong via</i> <i>Essendon</i> )	Out by MYT and CCT, Park St and MPCT to Moonee Ponds. Streets through Essendon (short H1 and H2) to MRT. Return through Water	Allen P/ 9457 169

	60 km <a href="#">MAP</a>	Gardens estate, MRT, Ascot vale streets and home.	
Sun 23	<i>Currawong Park</i> 35 km.	Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road.	Graeme V 9435 968
Tue 25	<i>Knox City Circuit</i> 70 km	Anniversary Trail to Canterbury station (12 km). Train to Heatherdale. Follow Eastlink Trail to High Street Rd. Then Blind Ck Trail to Belgrave Rail Trail at Boronia. Train from here or Bayswater (at ~30 km) back to Canterbury, or bike all way home via Dandenong Ck & Koonung Trails (long H1 to Mitcham high point).	Maurie A 0409 106
Sun 30	<i>Richmond</i> ~50 km <a href="#">MAP</a>	Yarra Trail to Fairfield and Victoria Park then streets south to Lennox St. Break at Burnley. Yarra trail home.	John G/ 9 3884

**NightRide:** Every Wednesday 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

## Darebin BUG

### Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

### Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

## The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

## Melbourne Bicycle Touring Club

Ride and Club Night Programme

December			
Thu 02 Dec	London Cycling		Kirsty
Early December	Bogong High Plains: Wangaratta - Falls Creek - Omeo - Bairnsdale	Moderately Hard	John
W/E 04-05 Dec	Frankston to Wonthaggi & the Cowes Ferry	150km Medium	Peter B
Thu 09 Dec			
Sat Dec 11-Mon Dec 13	Tandems Only Week-end Ride - Warburton Rail Trail + Must book accomm	Easy-Med	Tony
Sat 11 Dec			



Wed 15 Dec	Mordialloc to Merricks General Store	90km Med-Hard	Rob
Thu 16 Dec	Christmas BBQ		Kirsty

**For information on the above rides, please contact the Touring Secretary, John Hughes 9807 1021, or at [rides@mbtc.org.au](mailto:rides@mbtc.org.au).**

**About the Ride Gradings** **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

## YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
<b>DEC</b>							
Thu 2	Seymour to Tahbilk	R	75	M	Simon		<a href="mailto:simongwoodford@yahoo.com.au">simongwoodford@yahoo.com.au</a> 0412415750
Sun 5	Annual General Meeting and YHA Cycling Christmas Party to be held on the same day						
Fri 10	Evening Ride: Lysterfield 8pm Start	M	12	M	Rob	Y	<a href="mailto:Robert.shaw@influenzacentre.org">Robert.shaw@influenzacentre.org</a> 0419 514 808
Sat 18	Audax Christmas Ride 12 Noon Wandong						Link for further details: <a href="http://audax.org.au/public/index.php?option=com_wrapper&amp;">http://audax.org.au/public/index.php?option=com_wrapper&amp;</a>
Sun 26	Capital City Trail	Any	32	E	Ian	Y	<a href="mailto:ian@funff.com.au">ian@funff.com.au</a>

YHA contacts: Ride Co-Ordinator Kathy on [rides@yhacycling.org.au](mailto:rides@yhacycling.org.au) or mobile 0425-792 574, or Secretary Voula on [secretary@yhacycling.org.au](mailto:secretary@yhacycling.org.au); website: <http://yhacycling.org.au> R = Road Bike /



H = Hybrid / M = Mountain Bike / Soc = Social  
E = Easy / M = Medium / H = Hard / Soc = Social